COURSE PROGRAMME

Date and Time:

27th Feb to 1st Mar, 2015

Morning Session	9am to 1 pm
Afternoon Session	2pm to 6pm

Venue:

P5-03 Graduate House, University Drive, University of Hong Kong

Charge:

HKD4,000 for early bird registration before the 31st Dec 2014 HKD4,800 on or after 1st Jan, 2015 (Number of participants limited to 25 persons)

Enquires:

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Please contact cpdntalk@hkccfl.org.hk or +852 3998 3222

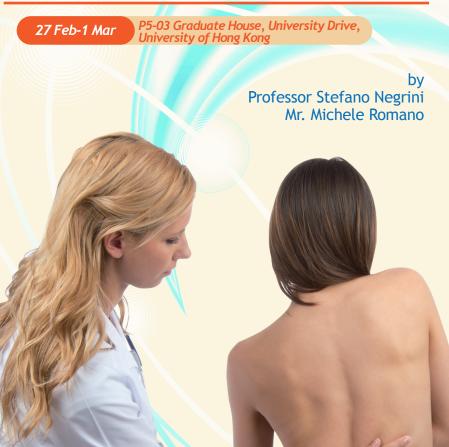
SEAS: Scientific Exercise Approach to Scoliosis 2015 ISICO - ISTITUTO SCIENTIFICO ITALIANO COLONNA VERTEBRALE REGISTRATION FORM

Name:			
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Fax:			
E-mail:			



2015 SEAS: Scientific Exercise Approach to Scoliosis

ISICO - ISTITUTO SCIENTIFICO ITALIANO COLONNA VERTEBRALE



SEAS: Scientific Exercise Approach to Scoliosis

COURSE DESCRIPTION

- Understand background of SEAS (Scientific Exercise Approach to Scoliosis) approach and the underlying scientific principles.
- Teach joint protection and proper ADL principles for patients with scoliosis.
- Learn the principles of the team approach for spinal deformities (physician, physio, trainer, orthotist, patient & family).
- How to perform the clinical and postural evaluation of the scoliosis and hyperkyphosis patient.
- Understand what is three dimensional self correction, and the step by step approach to teach individualized self correction to the patient.
- Learn how self correction is performed for different type of deformities: thoracic, thoracolumbar, lumbar, double curve, hyperkyphosis; correlation with the radiographic and postural evaluation, as well as on observed asymmetries.
- Learn how to manage the cognitive-behavioral approach to patient and family
- Understand the role of exercises within the SEAS approach, and the criteria used to choose them for an individualized treatment plan.
- How to understand if the difficulty of exercises is appropriate to the patient.
- Goals of exercises in the different treatment phases: no brace, preparation to the brace, in brace, brace weaning.

COURSE CONTENT

Date	Hours	Teachers	Topics
Friday	9 – 13	Michele Romano	Active Self Correction – Theory
27th Feb 2015			and hands-on practice
	14 – 16	Michele Romano	Active Self Correction – Theory
			and hands-on practice
	16 – 18	Stefano Negrini	Scoliosis general knowledge –
		(Skype Conference)	General knowledge on braces for
			PT Diagnostic-therapeuthic
			pathways – Basis of SEAS
Sat	9 – 13	Michele Romano	Team approach – SEAS: practical
28th Feb 2015			application
	14 – 18	Michele Romano	Scoliosis manager: an internet
			tool to build an exercises plan -
			Theory and hands-on practice
Sunday	9 – 13	Michele Romano	Exercise for treatment in mild
1st Mar 2015			scoliosis: choosing and applying
			- Theory and hands-on practice
	14 – 18	Michele Romano	Exercise for treatment in mild
			scoliosis: choosing and applying
			 Theory and hands-on practice

SPEAKERS

Professor Stefano Negrini Mr. Michele Romano

